



Sunshine Coast MARATHON & community run festival

The purpose of a training guide is to keep you on track to achieve your goals. The best way to stay on track is to remain consistent; in your training, in your stretching, recovery and diet. Time and distance will get you across the line, consistency will help you achieve your goals.

X-TRAINING/REST = 50% EFFORT

For a runner, rest days are as important as night is to day. Recover, rejuvenate and absorb the training. X-Training too allows the body to recuperate and use different muscle groups. Plus you'll stay fresh and motivated.

EASY = 60% EFFORT

Easy or recovery runs should feel relaxed. If you can easily hold a conversation you're going at the right pace. If you're new to running slow down and walk if necessary. This is a great opportunity to visualise race day.

STEADY = 70% EFFORT

This is the key to marathon success. Gradually build your time spent running allowing your body to adapt. Test your race day shoes, socks, running apparel, nutrition and hydration. These are key sessions, try not to miss them and rope in friends and family for company.

UNDULATING = 70% EFFORT

The 7SCM course is flat and fast. However, introducing rolling hills or inclines into your program activates different muscle groups and encourages speed and strength in your key running muscles. Add a few cheeky hills to your session and race day will be that much easier.

FARTLEK = 70%-90% EFFORT

Swedish for "speed play" Fartlek training is a continuous, unstructured session switching between moderate and hard efforts. Run faster for short burst (use trees or signposts)

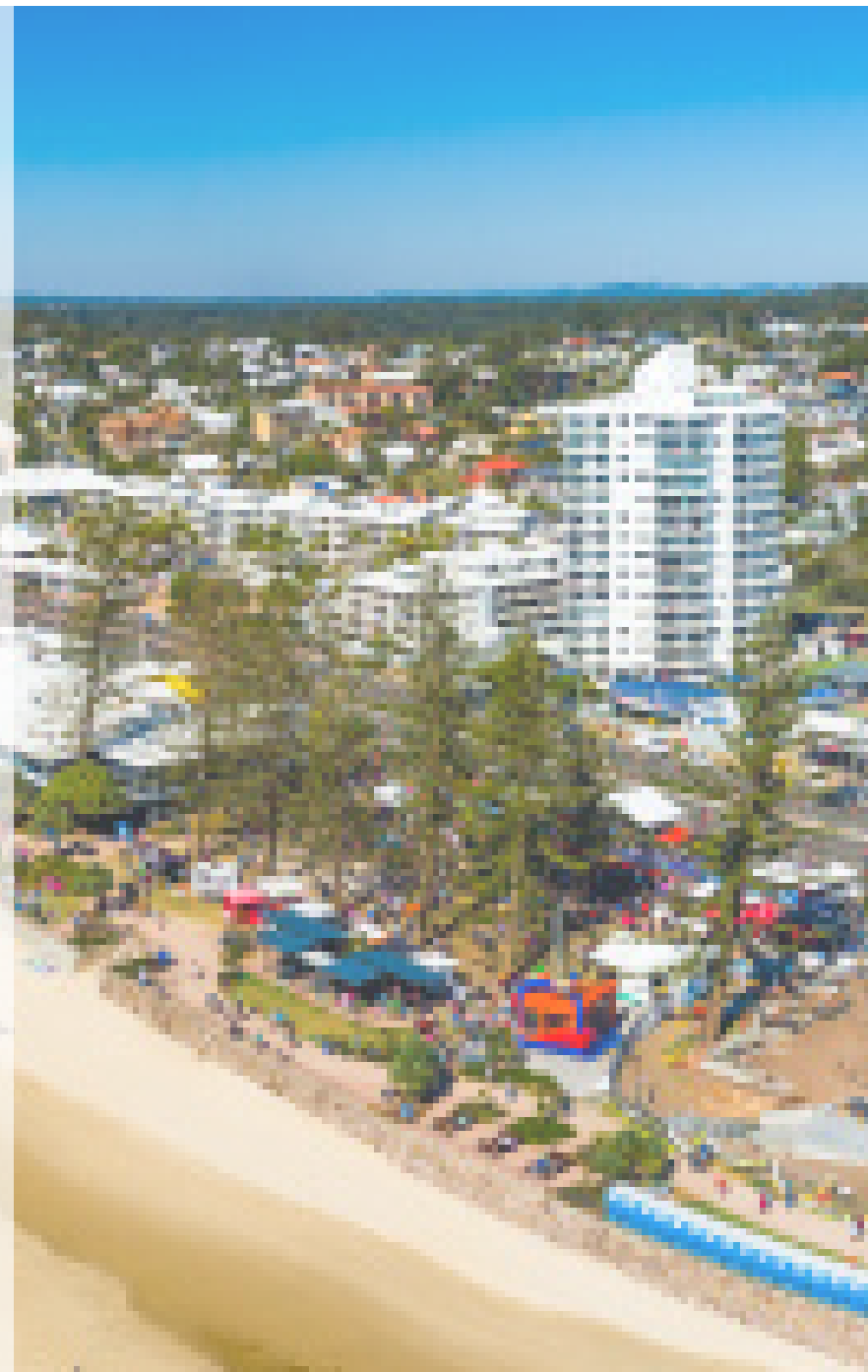
followed by easy-effort running to recover.

RACE PACE = 80% EFFORT

Some efforts in this guide call for "race pace", which means running at the speed you could hold for your chosen event (not what you'd like to run). For example if you can run 10km in 50mins, your 10km race pace is 5min/km.

ABOVE RACE PACE: = 90% EFFORT

Efforts done above your race pace extend your body, increase cardio-vascular performance and introduce speed into the program. Think of it as getting comfortable with being uncomfortable.



7 SUNSHINE COAST MARATHON

INTERMEDIATE 16-WEEK TRAINING GUIDE

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--|---|-----------|---|--------|---|---|
| 1 APR 15 | X-Train 45-60mins | Easy 40mins | Rest | Easy 40mins | Rest | Total 45mins Incl 10mins tempo at 10km/race pace | Easy 40mins |
| 2 APR 22 | X-Train 45-60mins | Tempo 50mins | Rest | Total 50mins Incl 8 x 45sec efforts above race pace | Rest | Total 45mins Incl 5 x 60sec efforts at 10km/race pace | Easy 50mins |
| 3 APR 29 | X-Train 45-60mins | Fartlek 60mins | Rest | Total 55mins Incl 8 x 60sec hills/jog recovery | Rest | Easy 45mins | Easy 60mins |
| 4 MAY 6 | X-Train 45-60mins Recovery week | Undulating 60mins | Rest | Total 45mins Incl 8 x 60sec efforts above race pace | Rest | Total 45mins Incl 5 x 60sec efforts at 10km/race pace | Easy 60mins |
| 5 MAY 13 | X-Train 45-60mins | Easy 60mins Free Tuesday Training Alex Surf Club | Rest | Easy 50mins | Rest | Total 50mins 25mins out and back -ve split | Easy 70mins |
| 6 MAY 20 | X-Train 45-60mins | Tempo 60mins Free Tuesday Training Alex Surf Club | Rest | Total 55mins Incl 4 x 2min hills/jog recovery | Rest | Easy 45mins | Easy 80mins |
| 7 MAY 27 | X-Train 45-60mins | Fartlek 60mins Free Tuesday Training Alex Surf Club | Rest | Easy 60mins | Rest | Rest | Easy 90mins or half marathon race <i>Practice nutrition/hydration</i> |
| 8 JUNE 3 | X-Train or Rest if you raced Recovery week | Easy 60mins Free Tuesday Training Alex Surf Club | Rest | Total 50mins 25mins out and back -ve split | Rest | Total 45mins Incl 4 x 2min efforts at 10km/race pace | Easy 45mins |
| 9 JUNE 10 | X-Train 45-60mins | Undulating 50mins Free Tuesday Training Alex Surf Club | Rest | Easy 50mins | Rest | Rest | Easy 2hrs Race pace last 15mins <i>Practice race day outfit</i> |
| 10 JUNE 17 | X-Train 45-60mins | Tempo 60mins Free Tuesday Training Alex Surf Club | Rest | Total 55mins Incl 4 x 3min hills/jog recovery | Rest | Total 45mins Incl 15mins tempo at 10km/race pace | Easy 60mins |
| 11 JUNE 24 | X-Train 45-60mins | Fartlek 60mins Free Tuesday Training Alex Surf Club | Rest | Total 60mins 30mins out and back -ve split | Rest | Rest | Easy 2hrs15mins Race pace last 15mins <i>Test race day shoes + clothing</i> |
| 12 JUL 1 | X-Train 45-60mins Recovery week | Easy 60mins Free Tuesday Training Alex Surf Club | Rest | Total 60mins Incl 4 x 3min race pace efforts | Rest | Total 45mins Incl 4 x 3min efforts at 10km/race pace | Easy 90mins |
| 13 JUL 8 | X-Train 45-60mins | Undulating 60mins Free Tuesday Training Alex Surf Club | Rest | Total 60mins 30mins out and back -ve split | Rest | Rest | Easy 2hrs30mins Race pace last 15mins <i>Test race day everything</i> |
| 14 JUL 15 | X-Train 45-60mins | Fartlek 60mins Free Tuesday Training Alex Surf Club | Rest | Total 60mins Incl 5 x 3min race pace efforts | Rest | Rest | Easy 90mins |
| 15 JUL 22 | Rest | Flat 50mins Free Tuesday Training Alex Surf Club | Rest | Total 50mins Incl 5 x 60sec above race pace efforts | Rest | Easy 40mins | Easy 60mins |
| 16 JUL 29 | Rest Recovery week | Easy 40mins Free Tuesday Training Alex Surf Club | Rest | Total 30mins Incl 5 x 30sec above race pace efforts | Rest | Easy 10-15mins | RACE DAY |